

JOONG GUN TUL

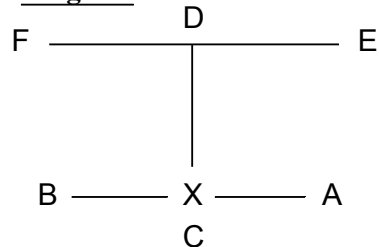
Junbi: Moa junbi sogi (B)

32 Movements

Definition:

Joong-Gun Tul is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumo Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed at Lui-Shung prison (1910).

Diagram



START: Close Ready Stance B

1. Move the left foot to B, forming a right L-stance toward B while executing a middle block to B with the left reverse knife-hand.
2. Execute a low side front snap kick to B with the left foot, keeping the position of the hands as they were in 1.
3. Lower the left foot to B and then move the right foot to B, forming a left rear foot stance toward B while executing an upward block with the right palm.
4. Move the right foot to A, forming a left L-stance toward A, at the same time executing a middle block to A with the right reverse knife-hand.
5. Execute a low side front kick to A with the right foot, keeping the position of the hands as they were in 4.
6. Lower the right foot to A and then move the left foot to A, forming a right rear foot stance toward A while executing an upward block with the left palm.
7. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
8. Execute a right upper elbow strike while forming a left walking stance toward D, slipping the left foot to D.
9. Move the right foot to D, forming a left L-stance toward D, at the same time executing a middle guarding block to D with a knifehand.
10. Execute a left upper elbow strike, at the same time forming a right walking stance toward D, slipping the right foot to D.
11. Move the left foot to D, forming a left walking stance toward D while executing a high vertical punch to D with a twin fist.
12. Move the right foot to D, forming a right walking stance toward D while executing an upset punch to D with a twin fist.
13. Move the right foot on line CD, and then turn counter-clockwise to form a left walking stance toward C while executing a rising block with an X-fist.

14. Move the left foot to E, forming a right L-stance toward E while executing a high side strike to E with the left back fist.
15. Twist the left fist counter-clockwise until the back fist faces downward, at the same time forming a left walking stance toward E, slipping the left foot to E.
16. Execute a high punch to E with the right fist while maintaining a left walking stance toward E. Perform 15 and 16 in a fast motion.
17. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a high side strike to F with a right back fist.
18. Twist the right fist clockwise until the back fist faces downward while forming right walking stance toward E, slipping right foot to F.
19. Execute a high punch to F with the left fist while maintaining a right walking stance toward F.
Perform 18 and 19 in a fast motion.
20. Bring the right foot to the left foot and then move the left foot to C, forming a left walking stance toward C while executing a high block to C with a left double forearm.
21. Execute a middle punch to C with the left fist while forming a right L-stance toward C, pulling the left foot.
22. Execute a middle side piercing kick to C with the right foot.
23. Lower the right foot to C, forming a right walking stance toward C while executing a high block to C with the right double forearm.
24. Execute a middle punch to C with the right fist while forming a left L-stance toward C, pulling the right foot.
25. Execute a middle side piercing kick to C with the left foot.
26. Lower the left foot to C, forming a right L-stance toward C while executing a middle guarding block to C with the forearm.
27. Execute a pressing block with the right palm while forming a left low stance toward D, slipping the left foot to C.
Perform 27 in a slow motion.
28. Move the right foot to C, forming a left L-stance toward C while executing a middle guarding block to C with the forearm.
29. Execute a pressing block with the left palm while forming a right low stance toward C, slipping the right foot to C.
Perform 29 in a slow motion.
30. Bring the left foot to the right foot, forming a close stance toward A while executing an angle punch with the right fist.
Perform 30 in a slow motion.
31. Move the right foot to A, forming a right fixed stance toward A while executing a U-shape block to A.
32. Bring the right foot to the left foot and then move the left foot to B, forming a left fixed stance toward B, at the same time executing a U-shape block to B.

END: Bring the left foot back to Close Ready Stance B

	Stance	Section	Obverse/ Reverse	Technique
1	Niunja sogi	Kaunde	Bandae	Bakuro sonkal dung taerigi
2	-	Najunde	-	Ap cha busigi
3	Dwit bal sogi	Kaunde	Bandae	Ollyo sonbadak makgi
4	Niunja sogi	Kaunde	Bandae	Bakuro sonkal dung taerigi
5	-	Najunde	-	Ap cha busigi
6	Dwit bal sogi	Kaunde	Bandae	Ollyo sonbadak makgi
7	Niunja sogi	Kaunde	-	Sonkal daebi makgi
8	Gunnun Sogi	Nopunde	Bandae	Wi palkup taerigi
9	Niunja sogi	Kaunde	-	Sonkal daebi makgi
10	Gunnun Sogi	Nopunde	Bandae	Wi palkup taerigi
11	Gunnun sogi	Nopunde	-	Sewo sang joomuk jurigi
12	Gunnun sogi	Kaunde	-	Dwijibun sang joomuk jurigi
13	Gunnun sogi	-	-	Chookyoo kyochoa joomuk makgi
14	Niunja sogi	Nopunde	Bandae	Yop dung joomuk taerigi
15	Gunnun sogi	-	-	(this is the twist release of the arm)
16	Gunnun sogi	Nopunde	Bandae	Ap joomuk jurigi
17	Niunja sogi	Nopunde	Bandae	Yop dung joomuk taerigi
18	Gunnun sogi	-	-	(this is the twist release of the arm)
19	Gunnun sogi	Nopunde	Bandae	Ap joomuk jurigi
20	Gunnun sogi	Nopunde	Baro	Doo palmok makgi
21	Niunja sogi	Kaunde	Bandae	Yop ap joomuk jurigi
22	-	Kaunde	-	Yop cha jurigi
23	Gunnun sogi	Nopunde	Baro	Doo palmok makgi
24	Niunja sogi	Kaunde	Bandae	Yop ap joomuk jurigi
25	-	Kaunde	-	Yop cha jurigi
26	Niunja sogi	Kaunde	-	Palmok daebi makgi
27	Nachou sogi	-	-	Noollo makgi
28	Niunja sogi	Kaunde	-	Palmok daebi makgi
29	Nachou sogi	-	-	Noollo makgi
30	Moa sogi	Kaunde	-	Giokja jurigi
31	Gojung sogi	-	-	Digutja makgi
32	Gojung sogi	-	-	Digutja makgi

Blocks

Upward palm block
Knifehand guarding block
Rising X-Fist Block
Double forearm block
Forearm guarding block
Pressing block
U-shape block

Makgi

Ollyo sonbadak makgi 3, 6
Sonkal daebi makgi 7, 9
Chookyo kyocha joomuk 13
Doo palmok makgi 20, 23
Palmok daebi makgi 26, 28
Noollo makgi 27, 29
Digutja makgi 31, 32

**Move
Number****Punches**

Vertical twin forefist
Upset twin forefist
Front forefist punch
Side front forefist punch
Angle Punch

Jurigi

Sewo sang joomuk 11
Dwijibun sang joomuk 12
Ap joomuk jurigi 16, 19
Yop ap joomuk jurigi 21, 24
Giokja jurigi 30

Strikes

Outward reverse knifehand
Upward elbow strike
Side backfist

Taerigi

Bakuro sonkal dung taerigi 1, 4
Wi palkup taerigi 8, 10
Yop dung joomuk taerigi 14, 17

Kicks

Front snap kick
Side piercing kick

Chagi

Ap cha busigi 2, 5
Yop cha jurigi 22, 25

Stances

L-Stance
Rear foot stance
Walking stance
Low stance
Closed stance
Fixed stance

Sogi

Niunja sogi
Dwit bal sogi
Gunnun sogi
Nachou sogi
Moa sogi
Gojung sogi



Application of Technique

Middle Side Block With Reverse Knifehand - Front Snap Kick - Upward Palm Block:

The middle side block is performed against a punch from an opponent, followed by a front snap kick counter. The upward palm block is then performed against a second attack from another opponent.

Pressing Block:

When performed in "slow" motion, this technique is used as a balance, focus and breathing exercise.

When performed in "fast" motion, this technique is used to simultaneously block a front punch and a front kick from two different opponents.

High Side Strike (Back Fist) - Release - High Punch:

The high side strike is performed to an opponent's temple. However the hand is grasped by the opponent. It is now necessary to perform a release from the grab, and counter with a high section punch to the opponent's mandible.